

DIGESTIVE TRACT _ Nausea & vomiting _ Diarrhoea _ Constipation _ Bloating feeling _ Belching or passing gas _ Stomach pains or cramps _ Heartburn _ Blood and/or mucus in stools TOTAL=	HEAD _ Headaches _ Faintness _ Dizziness _ Insomnia, sleep disorder _ Facial flushing TOTAL=	WEIGHT _ Binge eating / drinking _ Craving certain foods _ Excessive weight _ Compulsive eating _ Water retention TOTAL=	EMOTIONS _ Mood swings _ Anxiety, fear, nervousness _ Anger, irritability, aggressive _ Argumentative _ Frustrated, cries easily _ Depression TOTAL=	LUNGS _ Chest congestion _ Asthma, bronchitis _ Shortness of breath _ Difficulty in breathing _ Persistent cough _ Wheezing TOTAL=
JOINTS & MUSCLES _ Pains or aches in joints _ Arthritis _ Stiffness or limitation of movement _ Pain or aches in muscles _ Feeling of weakness or tiredness _ Swollen tender joints _ Growing pains in legs TOTAL=	MOUTH & THROAT _ Chronic coughing _ Gagging, frequently clearing throat _ Sore throat, hoarseness, loss of voice _ Swollen or discoloured tongue, lips _ Canker sores _ Itching on roof of mouth TOTAL=	EYES _ Watery or itchy eyes _ Red, swollen or sticky eyelids _ Bags or dark circles under eyes _ Blurred or tunnel vision TOTAL=	NOSE _ Stuffy nose _ Chronically red, inflamed nose _ Sinus problems _ Hay fever _ Sneezing attacks _ Excessive mucous formation TOTAL=	MIND _ Poor memory _ Difficulty completing projects _ Difficulty with mathematics _ Underachiever in school _ Poor / short attention span _ Confusion _ Easily distracted _ Difficulty making decisions _ Learning disabilities TOTAL=
SKIN _ Acne _ Itching _ Hives, rash, dry skin _ Hair loss _ Flushing or hot flashes TOTAL=	EARS _ Itchy ears _ Ear aches, ear infections _ Drainage from ear _ Ringing in ears _ Hearing loss _ Reddening of ears TOTAL=	HEART _ Irregular or skipped heartbeat _ Rapid or pounding heartbeat _ Chest pain TOTAL=	ENERGY & ACTIVITY _ Apathy, lethargy _ Attention deficit _ Fatigue _ Hyperactivity _ Restlessness _ Poor physical coordination _ Stuttering or stammering _ Slurred speech TOTAL=	OTHER _ Frequent illness _ Frequent or urgent urination _ Genital itch or discharge _ Anal itching TOTAL=

Symptom Score: **1** = I can only just notice the symptom is present **2** = symptom is becoming more severe and/or more frequent

3 = I am constantly aware the symptom is present **4** = symptom impacts upon my day to day life **5** = symptom is so severe I feel debilitated

= **Find your total score by adding the total of each box. Do this on a weekly basis to improve score.**